PLANT FACT SHEET

Elatostema acuminatum (Poir.) Brongn.

GENUS *Elatostema* **FAMILY** Urticaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten boiled, or raw or fried and eaten with chilli sauce.

DESCRIPTION

A small shrub. It grows 10-50 cm tall. The stems are erect and branched. The leaves are alternate. The leaves are obliquely oval. They are 2-10 cm long by 1-4 cm wide. The male flowers are in groups of 4 and the female flowers in pairs.

HABITAT

It is a tropical plant. It grows in Yunnan in China. It grows on shaded wet rocks between 500-1,900 m above sea level.

REFERENCES

Flora of China @ efloras.org Volume 5

Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e0de8570-1280-456d-9238-a8f1cdfa3fa5